

JADCO INTRODUCES SENIOR ATHLETES TO ADEL



June Spence Jarrett (left), Executive Director, Jamaica Anti-Doping Commission (JADCO) engages in a discussion about the Anti-Doping Education and Learning Platform (ADEL) with Patrick Dawson (2nd left), Senior Sprint Coach, Jodean Williams (2nd right), athlete and Orlando Bennett (right), athlete, all of Racers Track Club. The occasion was the ninth annual Senior Athletes Anti-Doping Education Workshop held for senior athletes and their support personnel at the Terra Nova All Suite Hotel in Kingston on Saturday, November 19, 2022.

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Editorial

Ushering in a new year gives us all an opportunity to pause and think about what we have accomplished and reflect on our plans. As you continue to think about the year to come and make plans to improve your lives, the Jamaica Anti-Doping Commission (JADCO) encourages you to make it a priority to familiarise yourselves with anti-doping information during 2023.

We use this opportunity to reflect on the achievements and challenges experienced during 2022. The Commission constantly evaluates its programmes and assess how we can improve the service we provide to all our stakeholders. Your feedback is of paramount importance and will be used to improve both our testing and education programmes.

Our annual JADCO Symposium for athlete support personnel will be held at the Terra Nova All Suite Hotel on Thursday,

January 26, 2023. We look forward to seeing representatives from a wide variety of federations, associations, clubs, professional groups, secondary and tertiary institutions at this event. Please save the date and tell a friend.

In this edition of the True Spirit, we will provide you with an update on the Job Fair that was held at the Commission recently and tell you about the 2023 Prohibited List.

We wish you all the best for 2023 and ask for your continued support as we strive to become the premier world class anti-doping organisation. If you have queries or wish to share your feedback on this publication, please send an email to truespirit@jadco.gov.jm.

Happy New Year!



2023

HAPPY NEW YEAR!

2022 SENIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP



June Spence Jarrett (left), Executive Director, JADCO engages in conversation with Dr. Brian Kazaara (2nd left), Vice-President, Dr. Ana-Kay Harvey (2nd right), member and Janet Harrison (right), Administrator all of the Jamaica Medical Doctors' Association (JMDA).

Over 70 senior athletes and their support personnel turned out to support the ninth annual Senior Athletes Anti-Doping Education Workshop, hosted by the Jamaica Anti-Doping Commission (JADCO), at the Terra Nova All Suite Hotel in Kingston Jamaica on Saturday, November 19, 2022. The workshop was held under the theme, "Introduction to ADEL: 24-hour Access to Anti-Doping Education".

Speaking at the workshop, Executive Director of JADCO, June Spence Jarrett implored athletes and support personnel to take full advantage of the ADEL platform. "I encourage all athletes and support personnel to make use of ADEL,

so you can learn as much as possible about clean sport. This will no doubt make you more confident about your anti-doping responsibilities." She added, "The Commission remains committed to the fight against doping in sport and continues to collaborate with the Ministry of Education and Youth to provide technological devices for secondary and primary schools. During 2023 we will continue to distribute technological devices to several schools across the island."

Also speaking at the workshop, athlete of the Racers Track Club, Oblique Seville said, "The workshop taught me a lot of things which I did not know about anti-doping. For us as

athletes it is good for us to learn about anti-doping because sometimes, we make mistakes. We might take supplements that we are not supposed to take. So, I think it is good for us to understand that doping can cost us our career and it can affect us financially.” He added, “I would encourage other senior athletes to attend the workshop because it educates them about the JADCO system.”

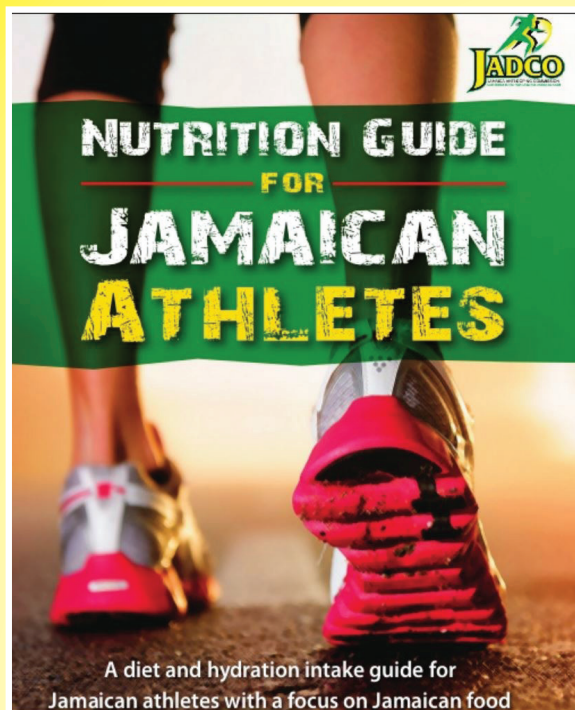
Senior athlete from the University of the West Indies (UWI), Kai Chang said, “I found that the workshop was quite informative and practical. The information was useful and I liked how they administered the presentation and the structure of it.”

Assistant Secretary of the Jamaica Administrative Athletics Association (JAAA), Brian Smith said, “I am pleased with the execution of the workshop as well as the Commission’s efforts over the years. I think we have come a far way. There is a lot of testing being done now.” Participants at the event, included senior athletes and their support personnel such as members of sporting associations and federations, professional groups, tertiary institutions, secondary schools, coaches and sport administrators.

The workshop included presentations on the Anti-Doping Education and Learning Platform (ADEL), an E-Learning platform created by the World Anti-Doping Agency (WADA), the functions and responsibilities of JADCO and the social consequences of doping. Dr. Ana-Kay Harvey, representative of the Jamaica Medical Doctors’ Association (JMDA), also delivered a presentation on the health consequences of doping. Participants also received values-based education at the event.

The inaugural Senior Athletes Anti-Doping Education Workshop was held in November 2014. The 2020 and 2021 staging of the event were held virtually to protect athletes and athlete support personnel from the coronavirus. The ninth staging of the workshop facilitated a hybrid approach.

NUTRITION CORNER



As we begin a new year, we would like to encourage athletes to create a diet plan for 2023. JADCO's Nutrition Guide for Jamaican Athletes encourages athletes to create a personal diet plan as there is no one-size-fits-all nutrition plan.

Diet choices do not just improve an individual's health, but they help prevent chronic diseases and boost the immune system. A balanced diet protects an individual from deficiency diseases and other things, as it provides all the important nutrients.

Diet refers to the amount of food consumed by an individual, whereas nutrition is the process of utilising food for the growth and repair of tissues. Diets can also be healthy or unhealthy. The easiest way to lower a person's risk of lifestyle diseases is to change their diet to a healthier one. Lifestyle diseases cannot always be prevented, but one can greatly lower the risk of becoming ill.

Creating a diet plan will help to maintain an athlete's energy balance. Energy balance refers to the relationship between the energy content of the food and drink consumed and the energy expended by individuals. The JADCO Nutrition Guide provides a wide array of energy foods for Jamaican athletes. It is important to note that the body uses energy every day, so JADCO recommends that athletes consume enough healthy energy foods to maintain their energy balance.

To get more tips from the JADCO Nutrition Guide for Jamaican Athletes, visit our website at jadco.gov.jm.

JADCO HOSTS FIRST JOB FAIR



June Spence Jarrett (right), Executive Director, JADCO and Tajae Smith (left), Director of Technical Services, JADCO interview an applicant at JADCO's Job Fair on Wednesday, December 7.

The Jamaica Anti-Doping Commission (JADCO) hosted a job fair to recruit additional Doping Control Officers and Chaperones on Wednesday, November 30 and Wednesday, December 7, 2022 at its office located at 1 Ballater Avenue, Kingston 10.

The positions are part-time and the interviews were conducted on spot.

All candidates were required to provide proof of qualifications, their National Insurance Scheme (NIS) card and Taxpayer Registration Number (TRN).

The Doping Control Officer (DCO) is responsible for the management of sample collection both in-competition and out-of-competition. The DCO ensures that sample collection is conducted in accordance with the World Anti-Doping Agency's (WADA's) International Standards.

The Chaperone is responsible for identifying and notifying athletes of their selection for sample collection, accompanying the athlete to the testing area and witnessing the passing of the sample.

Speaking at the job fair, Toni-Kay Bromfield said, "The job fair was an easy process and the staff at JADCO were very friendly and accommodating, so it made me more relaxed. She added, "The job fair is a good initiative by JADCO."

Also speaking at the job fair Cheanell Senior said, "I applied for the position of Chaperone because I like interacting with people and that includes taking care of people, so I decided to go for that one." She added, "I learnt a little bit more about JADCO and it was a good initiative."



JOB FAIR

DECEMBER 7, 2022 | 10 A.M. - 6 P.M.



1 BALLATER AVENUE, KINGSTON

WE ARE
HIRING

**DOPING
CONTROL
OFFICERS
(DCO)
AND
CHAPERONES**

POSITIONS ARE PART-TIME
AND INTERVIEWS WILL BE
CONDUCTED ON SPOT

FOR FURTHER INQUIRIES EMAIL:
hr@jadco.gov.jm

REQUIREMENTS:

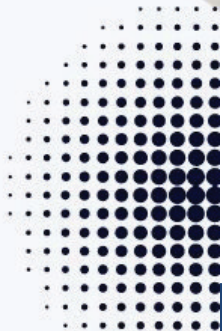
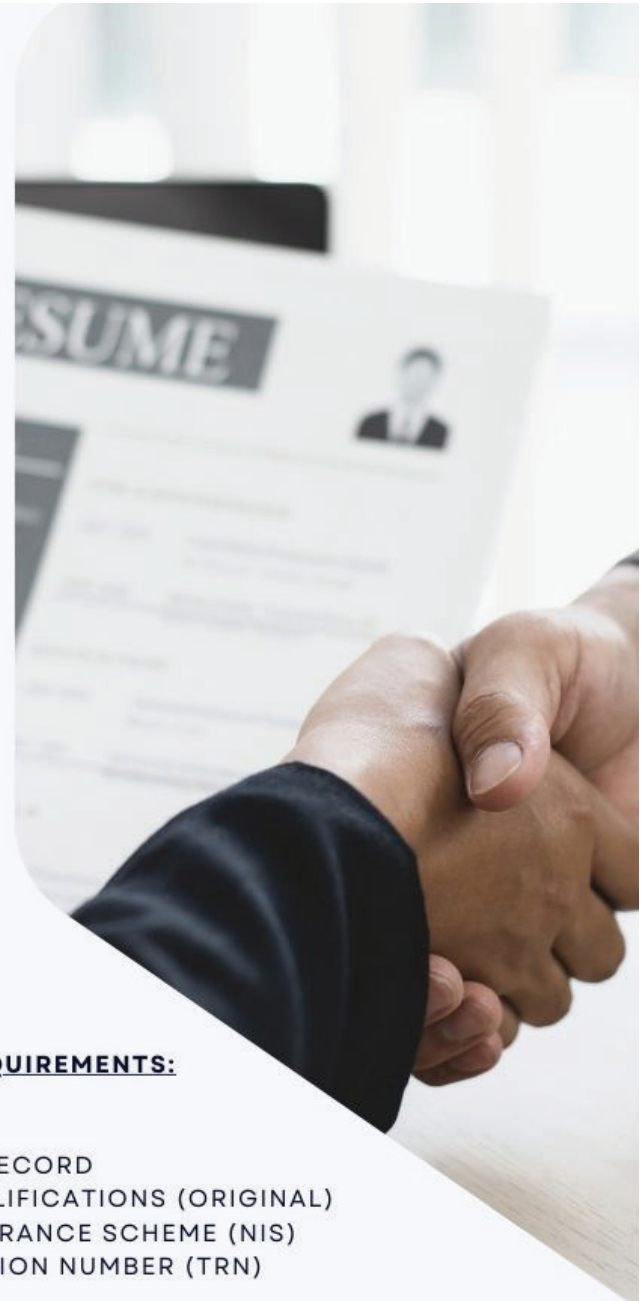
- COVER RESUME
- NO CRIMINAL RECORD
- PROOF OF QUALIFICATIONS (ORIGINAL)
- NATIONAL INSURANCE SCHEME (NIS)
- TAX REGISTRATION NUMBER (TRN)

DCO:

- FIRST DEGREE
- 25 YEARS OR OLDER

CHAPERONE:

- 4 CSEC SUBJECTS INCLUDING
MATHEMATICS AND ENGLISH LANGUAGE
- 21 YEARS OR OLDER



2023 PROHIBITED LIST



Since 2004, the World Anti-Doping Agency (WADA) has published a revised list of prohibited substances and methods on January 1, each year, in accordance with the World Anti-Doping Code. The 2023 Prohibited List identifies the substances and methods prohibited in- competition and out-of-competition and in particular sport.

It is important to note that failure to comply with the Prohibited List can result in an Anti-Doping Rule Violation. When an athlete tests positive for a prohibited substance, the sanction can range from a reprimand to a lifetime ban. Therefore, athletes are advised to monitor the substances they consume. It is also important to note that consuming or using substances on the Prohibited List can lead to severe health consequences.

Athletes and support personnel are advised to ensure they are knowledgeable of the Prohibited List, so they can make an informed decision.

Click on the link below to view the 2023 Prohibited List: https://www.wada-ama.org/sites/default/files/2022-09/2023list_en_final_9_september_2022.pdf

ADEL is a global platform created by the World Anti-Doping Agency (WADA) that provides 24 hour access to education and learning opportunities for those who wish to learn about anti-doping.

If you are an athlete or support personnel with the desire to learn about anti-doping, ADEL is the ideal platform for you.

ADEL offers a range of educational courses and resources that can be used to support the delivery of an education programme.

On ADEL you can find:

- eLearning
- Resources for athletes
- Quizzes
- Videos
- Webinars



Athletes who complete the courses will receive a certificate from WADA.

FOR ATHLETES:

ADEL has education programmes for international and national athletes of all levels to help you play your part in keeping sport clean.



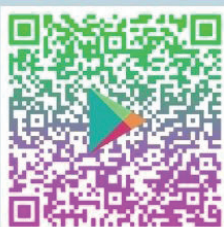
To complete the courses offered online, simply register on ADEL or log in to your existing account and scroll to the library section.

The courses are mobile-friendly and can be easily accessed through smart phones or tablets.

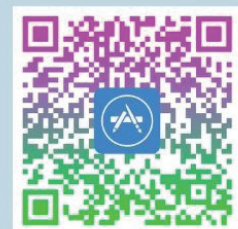
Register at adel.wada-ama.org/learn

COURSES CAN BE COMPLETED WHEN YOUR SCHEDULE ALLOWS AND INCLUDE:

- Education Programmes for International Level Athletes
- Education Programmes for National Level Athletes
- Education Programmes for Talented Athletes



IF YOU PREFER TO LEARN ON THE GO, YOU CAN DOWNLOAD THE MOBILE APP 'ADEL BY WADA' WHICH IS AVAILABLE ON THE APPLE OR GOOGLE PLAY STORES.





2023 JADCO SYMPOSIUM

Theme:

**"Introduction to ADEL: 24 hour Access to
Anti-Doping Education"**

**Terra Nova All Suite Hotel
Thursday, January 26, 2023
Time: 8:30 a.m.**

www.jadco.gov.jm

JADCO AND YOU TELEVISION AND RADIO PROGRAMMES



JADCO and You, is a series of television and radio features which disseminates important information on anti-doping.

The feature is aired quarterly on Television Jamaica (TVJ) and monthly on 13 radio stations. The JADCO and You television programme will be aired on TVJ on Wednesday, January 25, 2023 at 9:30 p.m.

JADCO and You will also be aired on the following radio stations on Thursday, January 26, 2023:

Mello FM: 7:15 a.m.
KLAS ESPN: 5:30 a.m.
Irie FM: 1:40 p.m.
Free I Radio: 11:30 a.m.
Hot 102 FM: 5:55 a.m.
Newstalk 93 FM: 4:55 p.m.
Music 99 FM: 2:48 p.m.
Suncity Radio: 12:35 p.m.
Roots FM: 1:55 p.m.
NCU FM: 5:50 a.m.
Love 101 FM: 9:30 p.m.
TBC Radio: 10:00 p.m.
Talk Jamaica Radio: 3:05 p.m.

DOPE FREE CREATIVE CORNER

Are you a creative writer?
Do you want to be featured in the

DOPE FREE CREATIVE CORNER?

If so, write a poem, song or creative piece on anti-doping and submit via email to commed@jadco.gov.jm. Be sure to include your name and contact information in order to obtain credit for your submission.



Poem
Jingle 

JADCO OUT AND ABOUT

Here at JADCO, we remain committed to the fight against doping in sport, as we continue to share the anti-doping message across the island. Here are highlights of some of the outreach activities that the Commission facilitated recently.

JADCO DELEGATION VISITS CANADA

June Spence Jarrett (2nd right), Executive Director, JADCO, Tajae Smith (2nd left), Director, Technical Services, JADCO, share lens with Jeromy Luke (left), Executive Director, Sport Integrity and Matthew Koop (right), Manager, Intelligence and Results, both of the Canadian Centre for Ethics in Sport (CCES). During a two-day visit, the JADCO delegation toured CCES and the Institut national de la recherche scientifique (INRS) in Québec, Canada on Wednesday, October 26 and Friday, October 28, 2022.



2022 SENIOR ATHLETES ANTI-DOPING EDUCATION WORKSHOP

Here are some highlights of the activities at the ninth annual Senior Athletes Anti-Doping Education Workshop, held for senior athletes and their support personnel at the Terra Nova All Suite Hotel in Kingston on Saturday, November 19, 2022:



June Spence Jarrett (left), Executive Director, JADCO discusses the doping control process with Conrad Parks (right), Sports Coordinator, Kai Chang (2nd right), athlete and David Bird (2nd left), athlete; all of the University of the West Indies, Mona.



June Spence Jarrett (left), Executive Director, JADCO discusses JADCO's stance on the use of supplements with Matthew Comrie (2nd left), Jody-Ann Brown (2nd right) and Carlos Brown (right), all athletes of the Jamaica Cricket Association (JCA).



Athletes from the Jamaica Boxing Association (JBA) endorse the Play Fair Campaign at the Senior Athletes Anti-Doping Education Workshop.



Student athletes from St. George's College endorse the Play Fair Campaign at the Senior Athletes Anti-Doping Education Workshop.



Athletes from Jamaica Bobsleigh and Skeleton Federation endorse the Play Fair Campaign at the Senior Athletes Anti-Doping Education Workshop.

JADCO SUPPORTS DRUG AWARENESS WORKSHOP



Students from Munro College endorse the Play Fair Campaign at a Drug Awareness workshop held at the institution on Wednesday, November 23, 2022.

JADCO SUPPORTS NPAJ CHAMPIONSHIP

Here are some highlights of the 2022 National Powerlifting Association of Jamaica (NPAJ) Championship which was held at the University of Technology, Jamaica on Saturday, December 3, 2022:



Chevauni Blair (left), Public Relations and Education Officer, JADCO, discusses the doping control process with Simona Mahfouz, athlete of NPAJ.



Aladden Love (right), Public Relations and Education Officer, JADCO, presents a token to Fiona Binns, athlete of NPAJ.



Dr. Scott Jennings, athlete of NPAJ endorses the Play Fair campaign.

JADCO HOSTS JOB FAIR



Yanique Dunn (left), Sample Collection and Testing Manager and Delgado Smith (right), Director of Finance and Accounts interview a jobseeker at JADCO's Job Fair on Wednesday, December 7, 2022.



June Spence Jarrett (right), Executive Director, JADCO and Tajae Smith (left), Director of Technical Services interview an applicant at JADCO's Job Fair on Wednesday, December 7, 2022.





Prepared by the Communication and Education Department of JADCO.
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